

Muse

Forever picking

Snacks inspired by the seasons. This stems from my recollection of being in the garden with my mother and picking anything that was edible.

The rule of three

The number 3 is a mystical & spiritual number featured in many guises & folklores. 3 wishes, 3 lives, 3 guesses, 3 little pigs, 3 bears, 3 Billy goats gruff. Therefore 3 snacks will always be better than 2.

A mass gathering

(spider crab, peach, elderflower)

At the end of every summer, thousands of spider crabs come together to shed their old shells. This process is called moulting and is something they do as one large group, protecting one another from predators as their new shell grows. Spider crabs are pot caught and their white meat is deliciously flavourful and slightly sweeter than traditional brown crab.

Making & Breaking

The comfort and satisfaction I get from making and eating bread stems from a long journey with many memories along the way. To me, it means comfort, satisfaction, sharing, connection, love and of the course the joy you receive in the actual eating of bread.

Just down the road

(ricotta, courgette, broad beans)

Many miles have been travelled and countless hours have been spent during my ongoing quest to find the very best British producers to supply Muse with ingredients. We celebrate Old Hall Farm, located “just down the road” from my Norfolk roots.

A slow-paced life

(snails, garlic, red wine)

The humble snail, slow moving but certainly packs a punch in flavour. Cooking under renowned chef Pierre Koffmann, I fell in love with the art of preparing this wonderful garden creature.

Nuse

Smokey summers

(red mullet, aubergine, peppers)

This time of year, everyone loves cooking over hot coals, and my own fish tale is of a beautiful grilled red mullet. When I get to the South of France, I will be reaching for the rod & line...

Tastes like chicken

(chicken, girolle, runner bean)

A phrase we've all heard far too many times when someone tastes something unusual! In this instance, we really do hope it tastes like chicken. We dry age our Sladedown Farm chickens to create a tender, more succulent meat.

Wait and see

Many of you will remember your mother's voice when asking "what's for dessert?" All I will say is that it is a sweet, seasonal delight!

Sweet and sour

(gooseberry, honey, buttermilk)

As a child, I had a love hate relationship with gooseberries, depending on who cooked them. My brother & I would sneak a bowl of sugar into my mother's vegetable garden, coat the sour flesh and eat the gooseberries quickly before anyone caught us. Here we are using Norfolk honey to balance the sweet and sour.